



# Living well with diabetes

## 3 week online course

**When: Thursday 3<sup>rd</sup>, 10<sup>th</sup> & 17<sup>th</sup> June**

**Time: 10am-12pm**

**Location: Microsoft Teams**

This course is for anyone with a diagnosis of Type 1 or Type 2 Diabetes who is looking to learn tools and techniques to manage their emotional wellbeing.

It covers:

- Exploring the challenges of living with diabetes
- Managing our expectations of ourselves and others
- Managing difficult thoughts
- Techniques to manage our worries
- How anxiety/ low mood can impact us after a diagnosis of diabetes.
- Setting goals and managing daily activities
- Helpful ways to reduce stress
- Useful techniques for effective communication

To book a place on this course call us on **01380 731335**. To find out more about courses, one-to-one sessions or online therapy, please call us on the number below or visit our website: <https://iapt-wilts.awp.nhs.uk>

Please note: Our service is available to people over 16 years and registered with a Wiltshire GP (excluding Swindon area).



To book, call **01380 731335**

